



**The Reggie Lewis Track
& Athletic Center at
Roxbury Community
College
8th**

**Annual Senior Citizen
Thanksgiving Luncheon**

**Friday, November 19, 2004
11:30 a.m.– 3:00 p.m.**

Sensational Seniors

More than 90 seniors ranging in age from 65-93 participate in our fitness program. Fitness programs such as walking, weight lifting, aerobics, and formal exercise classes are components of this program. As a group, the Sensational Seniors coordinate field trips to historic sites around Massachusetts, community events and volunteer their services at the Reggie Lewis Center and community events hosted by the Center.

They are one of the most consistent exercise groups at the Center. They have been featured in the Boston Globe, Channel 7, and other local papers. They are truly sensational. For more information, contact our Fitness Coordinator Cheryl McDermott at (617) 541 - 3535 ext. 461.

Program

- **Registration**

- **Welcome**

**Nancy Sheehan, Scheduling & Events Manager
R.L.T.A.C.**

**Keith McDermott, Director
R.L.T.A.C.**

**Dr. Brenda Mercomes, V.P. of Academic Affairs
Roxbury Community College**

- **Invocation**

James Hardaway, RLTAAC Sensational Senior

- **Lunch is served**

- **R.L.T.A.C. Dance Performance**

**Fred Hayes, Instructor
R.L.T.A.C. Members**

- **Music and Dancing**

Special Thanks To:

Gina Bennet, Nubian Notions

D.J. Charles, C.C. Sounds D.J. & M.C. Services

Randy Davis, Freedom Café

Gordon Thompson, Westnet, Inc.